

Dear student body:

I should like to extend a personal word of welcome to each member of the Colonia student body. To our sophomore class, the Class of 1971, I wish you every measure of success throughout the next three years. You are fortunate indeed to be able to say "I'm from Colonia Senior High School." Your alma mater has already established itself as a school that will not take a "back seat" to anyone! The faculty and upperclassmen fully expect you to carry your share as a member of our student body; to ALWAYS represent our school in an exemplary fashion; to contribute your talents and abilities to the common good.

To our junior and senior classes, we look to you for POSITIVE LEADERSHIP, for GOOD EXAMPLE, for one hundred per cent SUPPORT of everything that Colonia attempts to achieve. We look to you also for the development of a sense of pride in our school and for maintaining a high level of esprit de corps. Never forget that a student body is no better than its senior class!

The faculty and administration look forward to the current school year and to working closely with every student in Colonia. This is YOUR school. It will be as good as YOU are willing to make it! We will help you make it as good as you want it to be.

Sincerely,
Dr. Donald R. Geddis
Principal



COLONIA SENIOR HIGH SCHOOL

Declaration

VOLUME I OCTOBER, 1968 20 cents

CHS Welcomes New Teachers

When Colonia Senior High School opened its doors in September, strange new faces were seen. The "Year Two" brought to us nineteen new teachers to whom we'd like to extend a welcome.

The new addition to the girls' physical education department is Miss Janis Mayer. CHS attracted this graduate of Woodbridge High School and Montclair State College because of its "progressive attitude toward education." In addition to forming plans for a Modern Dance Club, Miss Mayer is serving as an advisor to the cheerleaders: "I enjoy this very much because it gives me an opportunity to get to know some of the girls better, in an informal situation rather than in the classroom."

Three new teachers have been added to the math department. Harry Brett is a graduate of Providence College and comes to us from St. Joseph's High School in Metuchen as our new track coach. John N. Gaspar and Joseph J. Valenti, both from Montclair State College, round out this department.

Our guidance department has expanded to include two new counselors: Alfred J. Cito from Montclair State College, and Miss Beatrice Johansen, a graduate of Douglas College.

Vincent J. Chiravalle, the new physics teacher, attended Delta State College, Newark State College, and graduated from St. Peter's College.

The CHS band is now under the full direction of Leonard Gallo, a graduate of Montclair State College. MSC also sent us our recent addition to the typing classes, Miss Nancy Pribila.

Sociology has shown itself to be a popular subject at CHS by the additional hiring of William T. Chaplik from Newark State College, and James E. Patten, an alumnus of Seton Hall University. Mr. Patten is a past president of the Woodbridge Township Education Association.

Four additions have been made to the English department: Peter L. Cancro who hails

(Continued on Page 3)

CHS MODIFIES ITS GROUNDS

Are you a pedestrian? A driver? Or even a passenger? Whichever one you happen to be, the new clock-wise directed one way road encircling Colonia Senior High School affects you. In crossing the road, pedestrians' heads turn in one direction -- to the right. Drivers and passengers now must rally 'round the road until they find the desired entrance or assigned parking lot.

Last year's students may recall congestion on converging streets and entrances of the school. To resolve the problem, Dr. Geddis asked Lieutenant O'Brien of the Woodbridge Traffic Division to devise a pattern to regulate traffic congestion at our alma mater. As requested, Lieutenant O'Brien studied the problem and suggested the pattern now in use.

If you happen to be curious enough to stop and peer through one of the windowed hallways, you may observe many puzzled faces, rushing feet, replete with hands tightly clasping schedules. This is due to a larger patterning -- that of the school day -- and its accompanying adjustments, the thirty minute lunch and the three minute transition period.

Further observation while peering through the windowed hallways will bring to view changes in the courtyard. Occupying the once barren green are a variety of plants ranging from petunias to strawberries. The perceptive student will even find a few snake plants peeking up through the carnations and irises cultured by Mrs. Helen Shain and her gardeners.



ARTS CENTER AWARDS TWO CHS SENIORS

Jillian Tundermann and Debra Freeman were chosen along with 318 other high school seniors from New Jersey as recipients of the Lincoln Center Arts Awards for the coming year. The award consists of five performances of a variety of events at Lincoln Center this season. The program provides an opportunity for students to add the performing arts to their experience.

The winners will attend an orientation on the afternoon of October 13 at 3:30 at which leading figures in the performing arts will discuss and demonstrate certain aspects of the programs the students will attend. That evening they will attend a performance of KING LEAR, starring Lee J. Cobb at the Vivian Beaumont Theatre.

The Student Awards Program is supported by a gift to Lincoln Center from Enid Haupt, Editor-in-Chief of SEVENTEEN magazine. It is part of the Lincoln Center Program and co-sponsored by the New York State Education Department which brings opera, dance, drama and instrumental and chamber music programs into the schools of the greater New York area.

According to Mark Schubart, Vice-President of Education at Lincoln Center, "This program is a source of pride and inspiration to us, and its success convinces us that we must not only continue but expand our efforts to make accessible to young people the very best in the performing arts."

EDITORIAL

'MOD' SYSTEM SPURS MUCH DEBATE, QUERY

Probably the most talked about subject in this new school year is our new modular schedule system. Although used in many other school districts, the "mod" schedule is unique to Colonia High School in the Woodbridge Township school system.

There are many advantages to the rotating timetable. The school week is flexible, with most of the classes meeting at different times and for different frequencies: avoiding the same class at a set time each day. The student now does not have to struggle sleepily through a morning math class or be bored to death in a late afternoon language course every day. He is given the chance, with the new method, of attending each class at least once each week during the time of his highest potential, whether that be in the morning, noon, or after lunch. Having classes only four times a week, the student receives a welcome break from a subject each day as well as its corresponding homework.

On the other hand, the "mod" schedule can be taken with some grains of salt. "Lunch" at 10:30 is breakfast, while eighth period lunch is hunger endurance test, which usually subtracts from the preceding classes. The long B block has a tendency to drag, and getting to class in three minutes is sometimes impossible. On some days students are left without studies while others are left without gym.

The editors compliment the administration for their choice of a refreshing, liberal-minded, tradition-breaking schedule that gives the student some fine opportunities and some well-deserved consideration.



SOMETHING TO SAY...

In 1735 a New York publisher, John Peter Zenger, was arrested and accused of libel for printing a letter of a dismissed British court official. In the trial, his lawyer pointed out that what Zenger had printed was not libel simply because it was the truth. The jury accepted this reasoning and Zenger was released from the charges. The incident set the precedent for "free press;" in other words, the press can criticize the government or anything without fear of breaking the law. Free press inspired and inflamed the American Revolution, and the precious tradition was made permanent in the First Amendment of the Constitution.

Today, one of the purposes of a school newspaper is to teach the students the value of a free press in a republican society. Free press, as it is learned, is more than a freedom; it is a privilege which must be respected and not misused. The editors reserve this privilege for THE DECLARATION and pledge to use it thoughtfully and justly. The editors also would like to know the opinions of individual students. This can be done by sending ideas addressed to The Editor, room 214.

COLONIA SENIOR HIGH SCHOOL Declaration

Member Quill and Scroll Journalism Society

Editor-in-chief Todd Savarese
News Editor Patrice Schildkraut
Feature Editor Glenne Miller
Sports Editor Michael Kaelber
Layout Editor Elizabeth Browne
Business Manager Linda Roth

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Jill Klein
Tom Witt
Chris Parkhurst
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Literary Advisor Miss Carol Kiyak
Art Advisor Mr. Frank Gubernat
Graphics Advisor Mr. Thomas Oakes

Robin Zeiger
Carol Bisceglia
Joan Monas
Barbara Haberman

Seniors Stage Masque, Play

Committees have been formed, chairmen selected by proclamation of the seniors, engaged in planning their other-worldly senior masque. Co-chairing this now annual event, to be held in the Colonia Senior High School gymnasium on October 18, will be Mary Terzella and Lissa Lanza.

The theme, "The Road to Somewhere," was selected from the suggested "Potpourri Pumpkin Patch" and the more controversial, "Inside a Pickle Jar." Music will be by the Aztecs.

The selected committees and respective chairmen are as follows: tickets, Beverly Lawton; publicity, Cindy MacArgel; internal affairs, Thom Topolski; refreshments, Judy Judd; decorations, Debby Antanies, Laurie Schwartz, Carole Yates; and entertainment, Robin Rudnick.

Milton Kott, chairman, and Miss Janis Mayer, assistant chairman, extend a welcome to guests outside the school providing they are sponsored by a member of the CHS student body.

In the more formative stages of planning is the senior class play. Chairing this event will be Donna Chisvette, Toby Feingold and Debbie Herzfeld. Valentine DiGiorgio, faculty director, has set the twin performance dates for January 31 and February 1. It has been established that the senior play will not be musical, but promises to be equally entertaining.

Township Ups Student Roll

If it weren't for the fact that Colonia Senior High School was constructed in 1967, the public school system pertaining to the high school enrollment in Woodbridge Township would have really been in deep waters. From all indications, the enrollment in the high schools is ascending, resulting from the situation of a few years back when the elementary schools were overflowing with an abundance of pupils. This shift of increased enrollment signifies that the post-war building boom here in Woodbridge is maturing.

A projected enrollment for the 1968-1969 school year was about 4,500 in all of the Woodbridge senior high schools, but that figure has been clarified to approximately 4,743.

John F. Kennedy Memorial High School's enrollment for this year is approximately 1,700.

Juniors Pitch Candy Sales

Precedent is being perpetuated as once again the junior class starts on its candy-selling spree beginning this year on November 1 and done on a volunteer basis. The first in a series of tentatively planned fund-raising projects, the candy sales proposal was organized by junior class advisor, Mrs. Antoinette Ryan, and class officers, Michael Kleinman, president, Bonnie Baka, vice-president; Debbie Litzenberg, secretary and Perry Stio, treasurer; at their first meeting.

Other fund-raising ideas which were discussed were cake sales and the Junior Revue. These, however, are only in the planning stage, needing detailed discussion and administrative approval.

As was decided at the initial officers meeting, this year's Junior Cotillion will be held on March 14, 1969. Robert May is the faculty chairman for the event. Discussion of theme and committees will begin in the near future.

237, just 250 short of its capacity: grade 10 having 405 pupils; grade 11 with a record of 378; and grade 12 with a student body of 454.

Woodbridge Senior High School's student enrollment is the heaviest throughout the township, with an overriding figure of 2,027, just falling short of the 2,200 capacity. The most languid of grades, 10, has a total of 844. Grade 11 is the smallest, having a total of 565, and grade 12 is sandwiched in between with a student population of 663.

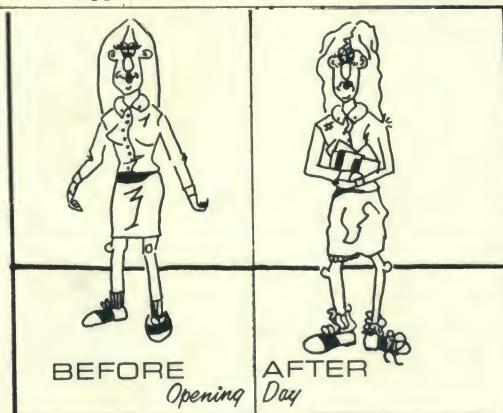
Colonia Senior High School completes the countdown with and enrollment of 1,489, and in only two years just 300 less than its maximum capacity. As is WHS, the sophomore class is the largest with a figure of 684, with noticeable decline in junior class, 450, and senior class, 355.

Seniors Place

Four seniors, Paul Asman, Ira Glasser, Glenne Miller and Jeffrey Kunkes, have received letters of commendation from the National Merit Scholarship Awards committee as a result of their scores from tests taken in the spring of 1968.

October

- 15 Home News High School Band Festival
- 18 Senior Masquerade, Cross-Country County Championship (away)
- 19 Football, J.P. Stevens (away)
- 25 Cross-Country Greater New Jersey Sectional (away)
- 26 Football, Princeton (home) PSAT



A tribute to Mr. Desmond
Liz Browne

The pupils and faculty of Colonia High School were saddened to learn of the passing of our beloved Assistant Superintendent Thomas Desmond on July 29, 1968.

During the time he was with us he was credited with numerous accomplishments. His life was dedicated to the promotion of better education.

He served as Vice-Principal of Woodbridge High School and preceding that as a social studies teacher at Woodbridge High School. He was also a member of several professional organizations such as The National Education Association, The New Jersey Association of School Administrators and The New Jersey Education Association.

Mr. Desmond will be missed by pupils, faculty members, parents and the community at large.



Quoted from the Woodbridge All-Hi News in January of 1948. The All-Hi News, student publication expresses the sentiment of the student body in part as follows: "...this newly-created position, it is obvious, will be managed by him just as well and successfully as his former jobs of teaching history and handling discipline cases. We would like to share Mr. Desmond's pride in having the honor of being the first vice-principal of this school. Although he is undertaking a huge task, we are sure he will make a success of this new position." This paragraph expresses the confidence in Mr. Desmond with which he was credited throughout his entire life.



Mrs. Desmond and the late Mr. Desmond are unaware that a picture is being taken at the CHS National Honor Society induction.



Mr. Desmond, constantly concerned with the betterment of education, discusses the plans for the new Colonia Senior High School.



Back to School



Just think, there's less than 46 days

'til Christmas Vacation!





California or Bust by Jeff Gruttz

An exciting way I found to spend the summer was to see our country by bicycle and rail. Our group, which was comprised of five boys and four girls, was formed in New York with the aid of American Youth Hostels. This is an organization that brings together teenagers from all over the country who like to travel.

First we took a train to Syracuse, traveling by rail to Chicago. We were not, however, very impressed by the Windy City. Next came the best part of the country: We went on bicycles that were loaded with twenty-five pound packs and sleeping bags. The scene in the West changed drastically from that of the East. For miles around all that could be seen was a huge sky and snow-capped mountains. We even had a chance to have a snowball fight in Glacier National Park. Most of the time we sacked out under the stars.

When we reached Yellowstone National Park, Wyoming, the boys learned that girls are afraid of bears. We discovered this when we were told of a six hundred pound black bear who tore apart a neighboring campsite the night before. Except for a few violent bears, the national parks in that area are something every American should try to see.

TEACHERS Cont.

from New York University and thinks that CHS students "are most cooperative"; Robert J. Clark, a graduate of King's College in Wilkes-Barre, Pennsylvania; Paul J. Ortenzio from the University of Dayton; and Mrs. Faylene Pepe, a graduate of Edinboro State College, Pennsylvania.

A. and T. State University in Greensboro, North Carolina, sent us James E. Mitchell, a drafting teacher.

Born of Mongolian parents, Basan N. Nembirkow, a graduate of Glassboro State College, is a member of our history department. Mr. Nembirkow has played professional soccer and is now coaching Colonia's soccer team.

The foreign language department has gained one new member: Mrs. Harriett Weisenfeld. Mrs. Weisenfeld graduated from Douglas College and teaches French.

Rutgers University is the alma mater of Sidney Rhines, the new addition to the boys' physical education department. Mr. Rhines played football for Rutgers and is assisting Mr. Martino with the football team.

Our next destination was Vancouver, British Columbia, where we talked to the prime minister of that province. The city had many coffee houses, and we saw Muddy Waters, a local folk singer, at one of them. From there we went to Seattle by way of bicycle and ferry. In Seattle we saw the remaining exhibits of the World's Fair. Next, we took a trail to Portland, Oregon and then on to San Francisco, California.

San Francisco was unlike any other city we had ever been to. It was definitely not made for bicycles because of the cable cars and the streets that look like mini-Mt. Everests. There were many spots to tour such as the Fillmore West where some of saw the Grateful Dead. It would take another fifteen issues just to describe the rest of the city.

I am a definite believer and abider in those signs which suggest to Americans to "See America First."

FILMS SPARK CHS LEARNING

The Henry Inman Branch Library, in affiliation with the Free Public Library System of Woodbridge Township, is sponsoring a film program for Colonia Senior High School. One of the main purposes for bringing forth this schedule of various films is to integrate a new film media, which remains relevant in the interest of the pupil. Another purpose for incorporating this library film program in the instructional agenda of CHS is to introduce to the student a new form of educational material and a more appreciative understanding of artistic form. The films are scheduled to begin in October and are at the disposal of any teacher who wishes to use them.

Peter Jurjevich, chairman of the English department, was responsible, along with the library, for introducing this program to CHS. During the summer, Mr. Jurjevich made arrangements with the Henry Inman Branch Library for as much cooperation as possible with the idea of acquiring films and a corresponding bibliography list. Last year the library, during their film program, ran a film based on problems in American life which inspired Mr. Jurjevich for its use this year as an experimentation docket for one of his senior English classes.

Continued

The film program at the Library for October is as follows:

Films concerned with war: "Occurrence at Owl Creek Bridge", October 9; "The Magician", October 9; "23 Skidoo", October 9.

Films concerned with youth and authority: "You're No Good", October 29; "No Reason to Stay", October 29.

COUNTRY ROCKS

by Paul Montazzoli

It was while Bob Dylan was convalescing after his motorcycle accident that he heard the Beatles' pop-masterpiece, "Sgt. Pepper's Lonely Heart's Club Band," and found its basic reliance on gimmickry repugnant to him. He decided that pop music needed a resuscitative breath of authenticity.

The result was the now well-known "John Wesley Harding" album (Columbia), emphatically a country album, though it bears traces of Dylan's old synthesized "folk-rock." It was recorded in Nashville, and the last two cuts, employing steel guitar, are simple romantic songs, as Western as anything Hank Williams ever did. Throughout, Dylan's poetry, though not easily understood, is starkly basic in form.

Buffy St. Marie, best-known as a folk singer, also recorded her "I'm Gonna Be a Country Girl Again" (Vanguard), in Nashville. There is not one bad cut; like Dylan's country style, Buffy's is classic, and the intensely American songs seem like they might have been sung a century ago. The most moving piece is "Now That the Buffalo's Gone," in which she sings of the plight of her Indian people. Consider, she asks, when you defeated the Germans in the last war; you left even them their pride and their land.

Another country-rock album is "Music From Big Pink" (Camelot), recorded by the band that used to play behind Bob Dylan. Much of the singing is done in an intense falsetto, unrefined and remarkably effective. Among the cuts on this album are two Dylan songs which we would like to see on his next album.

FATHERS NITE

Thursday evening, September 19, was Fathers' Night at Colonia Senior High School. The idea behind this was to give the parents of CHS students an opportunity to see the school, and to meet the people responsible for the various phases of our fall sports program.

The football, soccer, and cross-country teams were introduced by their respective

Continued

coaches. The football team demonstrated some of their pre-game preparations and Coach Martino spoke of the team's prospects for the coming season. The soccer team also showed some of their techniques and methods.

Girls also play an important role in our fall sports program. The cheerleaders demonstrated their pep and spirit by leading a few CHS cheers, and the twirlers and color guard performed two of their routines.

Earlier in the evening, the CHS Fathers' Club, the host for the evening, met and made plans for a father-son volleyball game to be held on October 20.

The evening was an apparent success judging by the attendance. Two hundred and fifty were anticipated -- seven hundred and fifty attended.

'Flexible' Keys "Mod" System

Gone are the days of the eight stationary forty-five minute periods. This year finds Colonia Senior High School students adjusting to the modular system, a system peculiar CHS in the township although widely used throughout the state. The "mod" system has been initiated as a means to improve and implement the instructional program here at Colonia.

Around the five static lunch periods, the five moveable periods rotate, falling into four static time blocks. The blocks vary in length from seventy-five minutes to forty-five minutes. Each one of these subjects occurs four times weekly and at different hours of each of the days. This assures the student of meeting with his teacher at least once during the time of his highest potential, whether it be in the morning or after lunch. This system also affords the student a free night with respect to homework in each subject at least four nights per week.

Now periods no longer have to be shortened in order to hold a double assembly. Both can be held in the A time block. Assemblies held on different days of the week will avoid eliminating the same subject for each assembly. Class meetings, if held on different days of the week, will no longer eliminate or shorten only the first period as they had in the past.

Many out-of-state and interstate schools, interested in the modular system and its application, have already made arrangements with Dr. Geddis, responsible for the conduction of this system, to come to Colonia to observe this patterning of classes.

NBC NEWS



EAGER II OFFERS PROMISE TO FANS

Fans of the 1968 Colonia High School Patriot football team will have a lot to cheer about this season indicated by early Colonia triumphs.

The team, coached by Joseph Martino, Paul Bruno, Sid Rhines, and Albert Lilley, have come up with a perfect 1-0 record so far. In the varsity positions this season are: backs, R. Nielson, B. Burns, M. King, L. Barnett, T. Levandoski, B. LoPrett, and M. Lyness; center, B. Moran; guards, K. Hyland, F. Wilcox, T. Urbanski, tackles, P. Siracusa, A. Schwartz, and D. Hamon; and ends, C. DePasquale and D. Fendrick.

Although the entire schedule will be tough, Jefferson, J. P. Stevens, and Woodbridge, will be the hardest for the club. In the first game against Edison Tom Levandoski ran for 2 touchdowns, while Roger Nielson passed to Dwayne Fendrick with less than one minute to play for the final score, 18-0. Halfback Lou Barnett led the rushing attack carrying 15 times for a 3.5 yard average. Lyness, Schwartz, and Wilcox were singled out for outstanding blocking and defensive play.

"We are tough, bigger, faster, and more experienced than last year," said Captain Ken Hyland, and we hope we have learned from our mistakes. Our defense holds the key to a successful season."

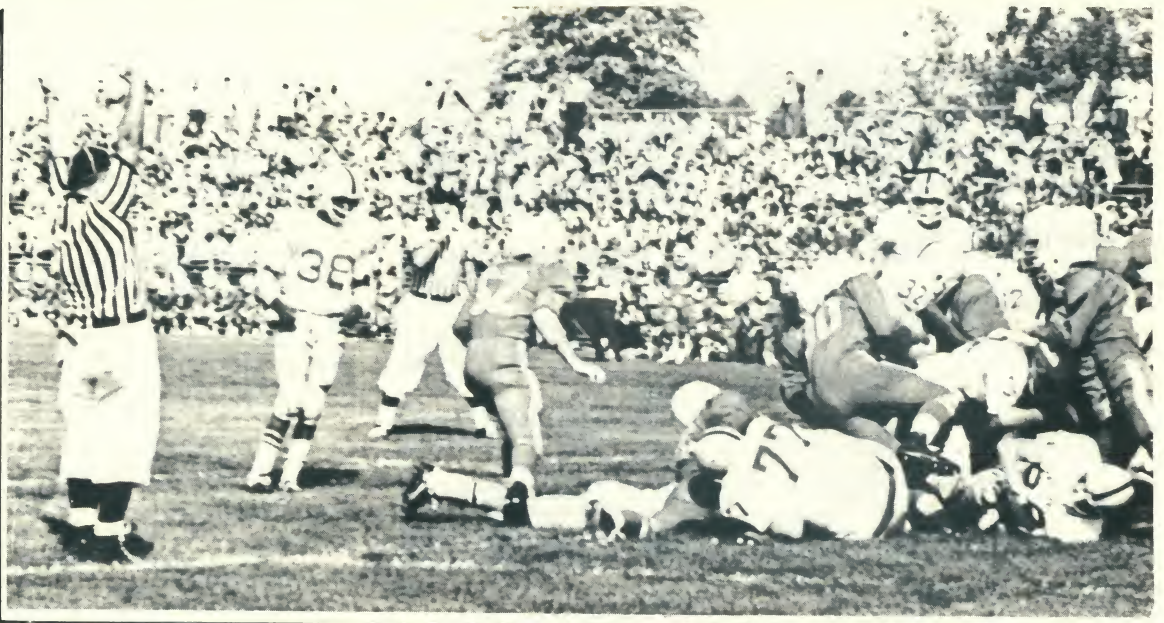
CHS Runners Keep Pace for Wins

To the twenty-five members of the cross-country team, the big word is RUN. Six days a week, under the direction of Harry Brett, head coach, they run ten miles a day. Besides running distances to places like Grant City and Merrill Park to gain stamina, they do a lot of speed work on the track to help give them a real kick for a strong finish.

Captain Al Peterson leads an outstanding field which includes John Pavuk, Dave Kuntz, Mike Kaelber, Chet Dembowski, Bill Huruska, Ken Saulnier, Tom Confer, and Mike Collins. Coach Brett, however, feels that there are many promising faces among the rest of the twenty-five, and a few new names will be on that list by the end of the season.

Colonia has a very tough schedule, with many dual meets and championship meets on tap for them. Coach Brett feels the toughest ones will be the County Championships, Conference Championship, and the State Qualifying and Championship meets.

Many people wonder how a cross-country race is run. The race is 2-1/2 miles long. (Colonia runs its meets in Merrill Park.) The team with the lowest amount of points wins. The amount of points given a runner is the same as his place of



Soccer Large In Fall Sports

Overshadowed by the popularity of football and the success of the cross-country team in '67, the Colonia Senior High School soccer team will emerge this year as one of the pride possessions of Colonia, now under the direction of a new coach, Mr. Nembirkow, and J.V. coach, Mr. Kott. The team has learned new skills and a generally better outlook on the game. The team has also been able to shrug off the defeats of last year and are looking forward to a prosperous year.

Returning from the varsity club of last year are, Tom Pederson, Ray Perez, Rick Peterson, Al Roth, Bill Bauer, Gary Moile, Bob White, Ray Sabaliauskas, and Dennis Billick. These boys have gained skill and wisdom about the game last year and should be good this season.

The 1968 C.S.H. Soccer team include: Mike Feldman, goal; Al Roth, left fullback; Bill Bauer, center; Randy Frommter, right; Ray Perez, left halfback; Tom Pederson, center halfback; Rick Peterson, right halfback; Joe Papernick, left wing; Ray Sabaliauskas, left inside; Joe Dupont, right inside; and Al Pederson, right wing.

This early in the season one cannot forecast the outcome of the campaign, but reliable sources predict a successful season. With a new coaching staff and experienced players, one cannot feel anything but optimistic.

finish. First is one point, second is worth two, and so on. The first five finishers for each team are used in making up the team score. For instance, Colonia gets places 1, 3, 4, 7, and 9, while the other team places 2, 5, 6, 8, and 10. Colonia would win 24 to 31, with 7 less points.

Already the team has captured the township championship defeating Woodbridge and Kennedy in a dual meet. The team is expected to finish with a winning season and will probably be a top contender for the state crown.

Sports Spotlight by Tom Witt

Hyland, Peterson, Team Captains, Shine In Rooms, On Fields

Sports spotlight focuses on Ken Hyland, captain of the Patriots football squad. Ken is a real all-purpose player; on offense he plays guard, and on defense he is a defensive end, and can move to linebacker if the need arises. At 6'3", 200 pounds, he has the ruggedness to play these tough positions as well as the speed to go with it, whether it be for stopping a sweep or covering a pass. Experience is the big plus for any player and Ken has it. With two years of high school football under his belt, he has, under the guidance of Coach Martino, blossomed into a real hard hitter.

Versatile Kenny is not limited to just one sport. He has had a year of varsity experience with the Patriot basketball team, and is a solid man under the boards for rebounds. He is working on improving his scoring touch. He is also the co-captain of the upcoming baseball team, being one of the leading hitters with a .300 average, while playing a solid defensive game in right field.

Ken projects the image of a student athlete. He is an "A" student, and ranks in the top ten per cent of the senior class, evidence for his working just as hard at academics as he does at athletics.

Without a doubt, Al Peterson, captain of the Colonia cross-country team, was one of the big success stories of last year. He had never run track before, yet he became a real track star by the season's end. An example of his progress is in the mile run; he got his time down from 5:10 to 4:35, or 35 seconds

better. Quite an improvement.

Besides cross-country, Al also runs indoor and outdoor track. The mile is his favorite event, although he has experience in both the two mile and half mile runs.

It takes much training to get a distance runner into good condition. Allan starts running in the summer, to take off some weight and to make sure he's in good condition for the start of the track season. It pays off, as is evinced by Al's first place finish in the first scrimmage race of the season against Roselle Catholic. During the season, Al runs about 60 miles a week, including runs on Sunday to keep his lungs strong. He has almost the perfect build for a distance runner, with long, strong legs supplying the powerful strides he needs to keep going.

Al can keep up the pace in school work, too. An A and B student, Allan scored well on his college boards, and hopes for a good education while continuing to run track.

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